The Lions' Pride

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Saint Leo hosts banquet to honor women in sports

By Meghan Donovan
Contributing Writer

On Feb. 7, the women's athletic teams gathered to celebrate and to honor the accomplishments of girls and women in sports.

Lions sponsors, supporters, and benefactors gathered with the student athletes and coaches in the Greenfelder-Denlinger Boardrooms for a chance to meet each other, to honor those who earned awards and scholarships, and to enjoy a dinner with guest speakers for the evening. As the night opened up, Vicki Fredrickson reminded us what the night was celebrating and handed the microphone off to the Mistress of Ceremonies (MC), Lauren Eads. Eads worked as an announcer for the volleyball team this fall, and explained how joyed she was to be MC for the night.

Once dinner was served, everyone had time to mingle and to learn about athletes from other sports, coaches, sponsors, and supporters. Eads then announced the recipients of the Saint Leo University Dining Services Scholarships. This scholarship covers the tuition for a female athlete from each team that is returning next fall.

The student athletes that received this scholarship were Keishara Green (Basketball), Allison Knipe (Cross Country), Heather Petronis (Golf), Cassie Miller (Lacrosse), Jackie Carey (Softball), Katy McGee (Soccer), Kaitlyn Hite (Swimming), Samantha White (Tennis), and Tawni Warren (Volleyball).

Before Eads presented the awards, she described the requirements the recipients met.

"She supports her teammates and coaches with a positive attitude and is aware of individual responsibilities as a team player. She gives 100 percent of her effort toward her sport and her team. She is involved in some type of external community service activity. She demonstrates leadership, integrity, and a tremendous team spirit. She is a good ambassador for Saint Leo at all times, whether at home, away, in class, or in the residence halls," said Eads.

These girls were individually welcomed to the stage and called in order of their sport to receive their awards.

Following this award, the Elaine Evans Spirit of Saint Leo Award was announced. This award, named in honor of a former Saint Leo women's basketball player, goes to one female athlete each year, and is a highly sought award in the athletic program. This female student-athlete shows a certain level of obligation to upholding the University spirit. They are students who go beyond expectations in exhibiting the core values of the school.

Dr. Robert Cabot, hall of famer and former coach, and his wife, Mary, were called to present the award. For the first time since the award was named after a women's basketball player, it was a women's basketball player who received it. Chelsea Connelly recieved this scholarship as "a true role model."

Following the award ceremonies, guest speaker Terri Steeb-Gronau took the stage. She played volleyball at Alabama and Birmingham, and now works with the NCAA National Office as the Director of Division II. As Steeb-Gronau described one of her most powerful memories from her collegiate athletic career, she relived the moment when she decided that she would take over her future. She recalled a game in which she had let another player beat her. It was in that game that she made a decision.

"Never again would I let someone else determine my choices or my fate," said Steeb-Gronau. She left the room of female student athletes, reminding them of all the opportunities females have achieved in sports.

The night closed with a final thank you to all the sponsors and supporters, including Dr. Kirk, the Cabot's, John Antolino, and Dr. Michael Moorman.

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What's happening in Egypt?

By Ashley Reynolds
Contributing Writer

Just seven months after Egypt's first free democratic election, protesters are calling for the complete resignation of President Mohammed Morsi and his officials.

Protesters are hurling bombs at Morsi's palace and violence is erupting yet again in Egypt. Riots are starting up again, two years exactly since the Egyptian Revolution of 2011.

A brief recap of the events in Egypt over the past few years:

In 2011, millions of Egyptian revolutionaries took to the streets, staging widespread protests against police brutality and the corruption of the Egyptian government. Even though the President at the time, Hosni Mubarak, had been "elected," these elections were set up in such a way that there was no way Mubarak could lose.

The oppressive nature of Mubarak's regime sparked a fire in the people of Egypt. They were increasingly discontent with the censorship and "emergency laws" forced upon them by the government. Economic factors, such as low minimum wage and a through-the-roof unemployment rate, along with the rising price of food and other commodities, made it impossible for the poor to sustain themselves.

Things finally cracked in January of 2011. Riots, strikes, and demonstrations demanded that Mubarak and his government be completely dissolved, and fair elections be held. Many of these demonstrations were organized online. The people succeeded, and in June 2012, President Mohammed Morsi was elected to office.

So what happened?

Protesters had hoped Morsi would be a radical change from Mubarak, but now they're claiming Morsi's government is corrupt too.

The newly-written Constitution has failed to meet the demands of the people. The changes that Morsi promised- the changes that protesters demanded in the Revolution of 2011- have not come to fruition, and the people are furious.

Why does it matter?

Egypt's revolution has inspired other such protests in the Middle East, including the famous Libyan Revolution that grasped the attention of the entire globe. The

Jump to pg.4

Opinion

Warm bodies: not a typical zombie movie

By Jocelyne Hilary
Contributing Writer

It seems that for the past few years, monster movies have become such a crowd pleaser in the movie industry. Most popular monsters such as vampires and zombies have been reintroduced to the big screen and film viewers, especially the youth, have been gripped. The terror of a human dying and then coming back to life as a monster is creepily entertaining. The newest zombie movie rising from the dead is Warm Bodies.

Warm Bodies is a comedy directed by Jonathan Levine about a zombie apocalypse that has hit earth. The main zombie named R, played by British actor Nicholas Hoult, is trying to find human brains when he comes across a group of humans. In this group is a girl named Julie Grigio, played by Teresa Palmer. When the zombie R acquaintances with Julie, he starts to fall in love with her. Other zombies try to attack her and pose a possible threat, but R saves her from the pack of zombies. As R spends more time with Julie, he starts to fall more in love with her. The love that R has for Julie brings him back to life. This then shows that all the zombies are able to become a human again.

This movie is an interesting turn around to every other zombie movie and television show that has come out. In all the other zombie movies, the directors make the movie scary and gory. Most zombie movies have people hiding under their jackets, but this movie will have people laughing.

A comedy about a zombie apocalypse is a good turn of events to get people laughing about the idea of an apocalypse instead of being scared about it. And the movie will be available for viewing on Valentine's Day, which means that those opposed to the stereotypical romantic movie can see this zombie comedy instead.

When Warm Bodies hit theaters, critics did not know what to expect. During its opening weekend, the movie was a box office hit and dominated the charts. It was surprising to people because the weekend was Super Bowl Sunday. No one thought it would top the charts, but it did. It is a good change in pace from the other dramatic monster movies like Twilight, the television show the Walking Dead, and American Horror Story. Twilight was one of the biggest movies that premiered over the years, but all of these types of movies seem to have the same dramatic theme. Warm Bodies puts a twist on the monster scene and seems like it could be making fun of the supernatural idea.

If you are looking for a relaxing comedy that has a twist to it, this is a perfect movie for you to go see.

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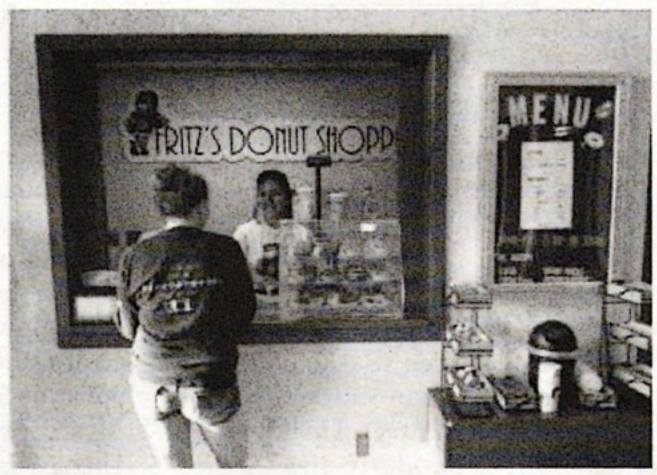

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Opinion

Survivors with stories to tell

By Jessica Miller
Asst. Layout editor

Can records really capture history? One of the most infamous injustices in history is the Holocaust. Millions of people perished because of anti-Semitism and other prejudices. After more than fifty years since the Holocaust, people have been working hard to bring criminals to justices, preserve landmarks and items, bring awareness to the evils of genocide, and let survivors tell their stories in order to warn future generations.

Sadly, the time is coming where there are less and less Holocaust survivors. While people want these survivors to be at peace and to enjoy life in their final years, it does beg the question: will people remember the evils of the Holocaust after the survivors have died? Survivors for decades have been telling the frightful stories of ghettos, concentration camps, families divided, and love torn. Now that time is becoming more of a pressing matter, people are taking the initiative to record and document these survivors' tales.

"It is one thing to read about accounts from the Holocaust, but when you are able to hear of someone's story firsthand it helps you have a connection with someone and helps you see the pain in their eyes," said Junior Robert Vachon.

This up close and touched feeling that one gets when they hear a firsthand story can never be replaced, even with the advance technology that is ever-growing in our era. Most of these stories are captured on video or audio recordings for museums. There are a few survivors that will dress in concentration camp garb and tell all the stories they possibly can. These are made into DVDs that have sections and are often sold in museums or through organizations looking to preserve the words of the survivors. The audio recordings are often available for tours in museums to be rented through portable audio device for one or more displays in the museum. Numerous people agree that the Holocaust should never be forgotten in order to have a better future; however, there are many differences in opinion when it comes to whether we should be recording these stories.

> *It's a shame that we will not be able to see that real pain and the real fear in their voice."*
> *-Robert Vachon*

"There are already people today who insist that the Holocaust never happened - when the survivors are no longer with us, it will be easier for generations to come to forget about the impact of the Holocaust. In order to help prevent this from happening, more documentation should be done with Holocaust survivors while they are still around," said Junior Jessica Willing.

One fear is that skeptics and future generations will look upon the Holocaust as nothing more than a factual thing, completely unemphatic because of the length of time. While other people believe we are disturbing and even making these wounds worse by asking them to record their stories. Sophomore Ali Lavalle said, ". . . I believe that those who would like to tell their story should. . .it is time for those who remember very well to ascend into a place that will finally make them forget forever."

Is it time for people to stop asking survivors to repeat their stories over and over again? Should they be left to live the rest of their lives in peace in order to do what they want to do without feeling pressured because society demands their stories for some greater good? Who gets to decide the rights and wrongs?

In the end, the survivors are the ones that decide their own actions. The ones that want to help future generations are more likely to seek a way to record themselves, and the ones that want to be left in peace will not look into recordings at all. There are others that say this time period is spending too much time with the past, and that humans need to look at the present and help where genocide is happening today.

"There have been many acts of genocide and many nations, cities, and tribes that have been wiped out. Their suffering has been documented, many others have not," said Senior Kelvin Justiniano.

It is terrible to think and believe that after all that has been learned from the Holocaust that genocide is still going on to this very day. Thus, whether humans think that survivors need to be recorded or left alone, one thing that people can agree on is that genocide needs to stop in order to secure a safer and better future.

Remembering the Holocaust

By Racheljoy Capitola
Copy editor

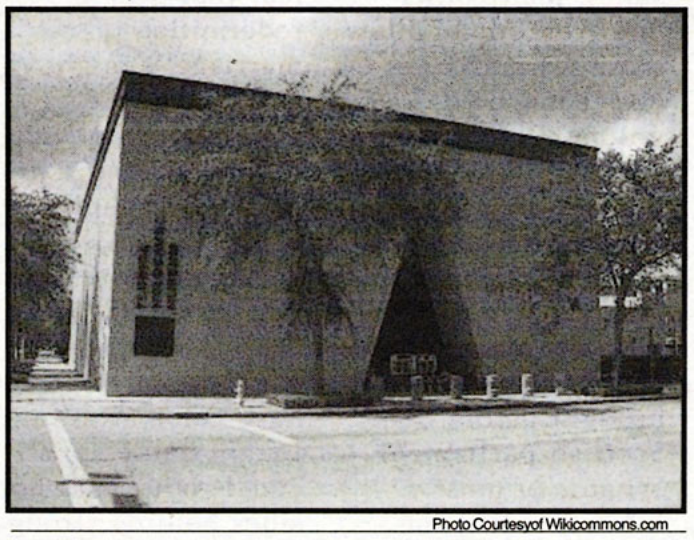


Photo Courtesyof Wikicommons.com

Students entered the concrete building, knowing that behind the front door lied papers and memorabilia from a time period in which Jews, gypsies, and incurables were persecuted. The atmosphere was heavy with history.

A trip to the Florida Holocaust Museum kicked off Justice Week in order to teach students about the social injustices that occurred during WWII. Students were split into two groups for the tours and lead throughout the day.

Aside from the exhibits, one of the highlights of the trip included hearing Jerry Rawicki, a Holocaust survivor, tell his story. Rawicki was born in Poland and lost most of his family to the Nazis: his older sister and mother were sent to the gas chambers, his father was murdered, and his friend who helped him hide was later hung. He explained the tragedies and the hardships that befell him, as well as events that stuck out in his memory.

"He stayed very calm until someone asked a question regarding people that had helped him during the Holocaust. When he started talking of this, he got very emotional. It really made me sit back and be thankful for the freedom we have today," said Junior Alexandria Vincent.

Rawicki's story can be found on Youtube in an interview with Dr. Carolyn Ellis.

After the speech, students wandered the museum. Displays such as a train car that was used in Auschwitz and a gallery of pictures of victims impacted many visitors.

"The box car the museum had transported over from Poland - I believe that is where it was from - was a real part of the Holocaust we could actually see and touch," said Sophomore Claudia Carrion.

Towards the end, everyone was allowed to browse the gift shop which not only sold items of remembrance, but gave people the opportunity to write prayers that could be sent to Israel.

"It reassured the whole reason why we wanted to start Justice Week with a trip to the Holocaust Museum. I think it was great asset," said Vincent.

"Liquid Needle" Jet Injections Surfing Towards Perfection

By Stephanie Holz
Contributing Writer

Many of us are a bit uncomfortable with the feeling of having a needle wedged into their body. That is why researchers at MIT have been working to perfect a syringe that can inject fluid without the painful stick of a needle.

A jet injection is different from the standard injection because it lacks a needle. Instead, it is like a gun, held just above the skin that delivers a substance under the skin and even into the muscle at speeds of up to 550 feet or 167 meters/second. Dr. Sorrentino has received this type of injection before and had only good things to say about it.

"It felt no worse than any needle. And if you have to have a shot, it is a good way to get one," Sorrentino said.

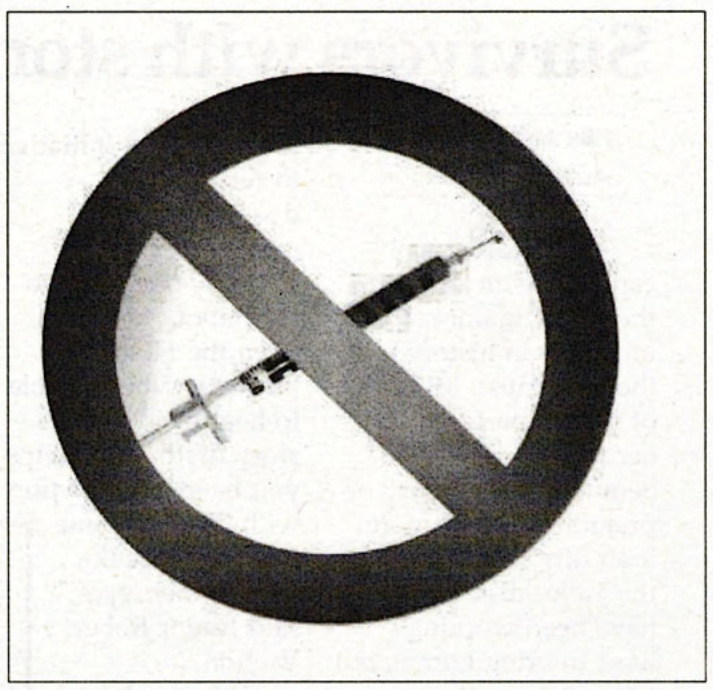
The use of jet injections is not only good news for patients, but for medical staff who frequently handle sharp, hazardous objects, such as syringes. Over 385,000 cases of accidental employee needle pricks are reported each year. To make things even better, an auto lock feature prevents secondary accidental discharge, and because the device does not actually enter the skin, it is quite sanitary.

The auto lock feature also benefits society by preventing syringes from being retrieved from the garbage for reuse by drug addicts and curious children. Being outside the body at all times, the risk of biohazardous pollution is tremendously reduced. This can help prevent the spread of needle borne pathogens and other diseases such as HIV, AIDS, hepatitis, and syphilis.

"It is a good alternative for people who are afraid of needles," said Jennifer Schubin.

Since the 1940's, doctors have been using jet injections to help administer vaccines and even eliminate smallpox. Today's research has transformed the old jet injections to administer specific doses of a substance at different depths for specific skin types. In addition, there are already many different models on the market.

Now engineers are working to improve the product further by



pulverizing powders and injecting them much like fluid. This is especially useful for long distance travel, where liquid can spoil easily due to contamination or drastic changes in temperature. Over half of the injections given in developing countries are unsafe and can even cause diseases instead of preventing or treating others.

"I think that this is a great idea and I hope that it becomes viable in the near future. Having experienced plenty of injections and needles, I am thrilled with the idea of nurses not messing up or stabbing me repeatedly," said Kevin Justiniano.

Equal Rights Landslide: England's March toward equality in marriage

By Matthew Beil
Contributing Writer

Last week lawmakers in the British Parliaments' House of Commons overwhelmingly passed a bill in support of same sex marriages. In a landslide of 400 for and 175 against, the bill passed and is now awaiting the approval of the House of Lords the second house in British parliament. The bill proposed by the Conservative Prime Minister David Cameron meet with opposition form his own party, with 136 of his constituents opposing the bill, 127 for it, and 35 abstain. But despite The divided Conservative party, the Labour Party and Liberal Democrat vote brought the high majority which was more than ample for the bill to pass.

The Bill passed by the House of Commons would allows same sex couples to marry in both civil and religious services. There are a few stipulations, first the religious organizations which the same sex couple wishes to get married in must agree to same sex unions. Second the Church of England which is the country's official religion is barred from holding any same sex marriage services. Despite this, the bill will also allow same sex couples in already established civil unions to become married by law.

Should the bill pass in the House of Lords England will become the twelfth country to legalize gay marriage, joining Argentina, Belgium, Canada, Netherlands, Denmark, Iceland, Portugal, Norway, Spain, South Africa, and Sweden. As for the United States though same sex marriages are not recognized by the Federal Government, nine states Washington, Maryland, Maine, New Hampshire, Vermont, Iowa, New York, Massachusetts, and Connecticut allow same sex marriage. Same sex couples can also be married in The District of Columbia. Other states recognize same sex marriages performed in other states; many other however, do not allow same sex marriages or even some civil unions.

The Bill passed by the House of Commons would only apply to England and Wales. There is however a similar bill being prepared to be brought before the Scottish parliament. What is of most interest is that the voting on this bill was done by what is called "open voting" this allowed members of parliament to vote how they felt on the issue, not their party's position. It is believed that the bill will meet substantial opposition in the House of Lords. The House of Lords it should be noted, is appointed. It has representatives of the Church of England in its ranks that are against the redefinition of marriage, believing that it should remain as their canon states, "one man and one woman". There is also fear that the redefinition of marriage it might undermine the Church of England. However, should it muddle through the House of Lords and become law the Bill will take effect in 2015.

These changes have come after long fought battles over equal right, with both sides holding strong opinions about wither to allow or not allow same sex marriage. These are deeply rooted issues and should not be taken lightly and it should be said that no one should demonize the other side as they are just up holding their own beliefs.

Jump from pg.1

The Middle East is in a state of unrest, and things are rapidly changing. The people are demanding power. Political unrest is common in the Middle East at this moment in time, and how things turn out could change the political and economic stage at a global level. The new governments and Constitutions are open to Western influence as well.

Democracy is spreading, and it seems that the Middle East is no exception. Will other Western ideals spread as well? How will these new governments react to other nations, particularly the US? Will our international relations improve? Let's not forget about the main reason the US is interested in the Middle East: oil.

How things will turn out for the Egyptian people, and if Morsi will indeed retire, remains to be seen. Keep an eye on the Middle East. Either way, change is coming.

Campus News

Presidential Inauguration

Alexander Campisi
Distribution Manager

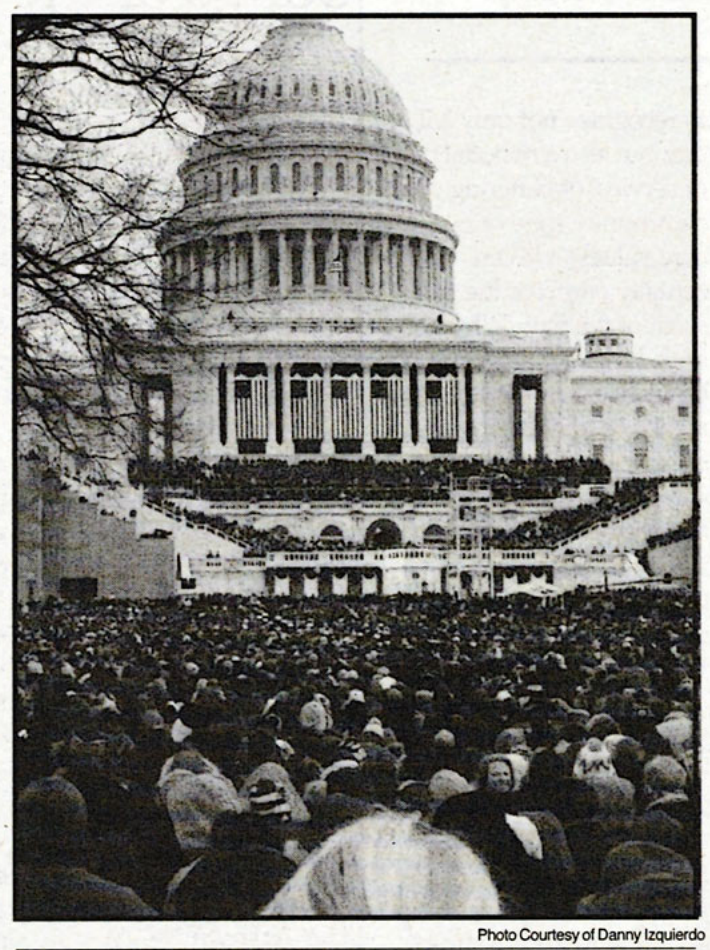


Photo Courtesy of Danny Izquierdo

The Presidential Inauguration is just the official swearing in ceremony of the elected president. According to the Constitution, the inauguration must fall directly on the following Jan. 20 after the election. Danny Izquierdo is a Saint Leo alumni who actually attended the event in Washington. He was more than happy to share his experience.

• How did you get the invite?

"I knew a lot of people who work on The Hill - a friend of a friend works for CBS news and we asked to get on the list of invites. Basically, if you request tickets and you know someone, you have a good chance of getting one."

• How long were you in Washington?

"I was there almost a week."

• What was the most memorable occurrence?

"The biggest thing was listening to Obama get sworn in. We united as Americans have to act, we have to work together to fix the problems we have. It was very emotional to hear it come from the President's mouth, history in the making. I was pretty close, and turning around to the flood of people was unreal. The sheer number was amazing to see."

• Who did you meet?

"Friday before the event I met CBS political correspondent Bob Schieffer, Senator Al Franken, and Anderson Cooper. I met Cindy Lauper while I was there and I talked to her briefly."

• Why was this important to you?

"I'm a big Obama supporter. I'm a Democrat and this was a monumental election. It also just really happened to work out really well with my schedule. I was able to contact some friends and everything just kind of came together. "

• Were there any negatives on the trip?

"Patience is a virtue. It's so crazy and hectic. And there are people from all walks of life, and they are all in an unfamiliar setting with a lot of stress. In a time like this, being patient is something that not only made my trip easier, but more enjoyable"

• How was security?

"It certainly passed through my thoughts that something bad could happen given the high profile event, but the military, the police, and secret service were all at work. And overall the city was like a fortress. I felt safe."

• Where did you stay while you were there?

"I stayed with my friend who is a director at CBS news."

Humanity in Crisis

Alexander Campisi
Distribution Manager

International Justice Mission's chapter hosted Justice Week last week.

IJM has been hosting events having to do with human trafficking, world hunger, and violations of human rights. On Feb. 5 in the boardrooms, IJM hosted a speaking panel night event. The night started out with Mrs. Magda speaking on the issue of Feeding Children Everywhere. FCE is a food-bank group that packages and ships food across the world to children in need. At the event, IJM actually served the rice and lentil mixture that is shipped across the world for the crowd to try.

"You can help ship food for as little as a 25 cent donation," said Magda. Next was Mrs. Nataliya Glover who spoke on the issue of human trafficking. Glover is an English instructor that teaches a class on human trafficking."There is actually a class available as a non-credit course if you were interested. And you receive a certificate of completion if you attend," said Glover.

The last speaker was Connie Rose, a survivor of sex trafficking. She grew up in Tampa and speaks at events to share her story.

"I thought the event turned out great, and I felt we were very successful. We had about 30 people attend," said Freshman Alexandria Blaha.

The panel night was only one event. From Feb. 3- 8 there were events ranging from a trip to the Holocaust Museum in St. Petersburg to a 5k run event entitled "IJM:SCTNOW" standing for "International Justice Mission Stop Child Trafficking Now!"

The week was wrapped up on Feb. 8 with "Chain together social media!" Everyone met outside the Dining Hall to discuss an injustice that they were passionate about.

"We are blowing up social media about the injustice that we care about," Blaha.

Downtown Dade City: Places to go

Matthew Beil
Contributing Writer

In this new weekly installment, we give you an insight into place to shop and to eat in downtown Dade City. Two of our staff will go to Dade City and bring you a report on where they eat and shop. This is to not only help out small business but also to bring you great places for a half day get-away from studying and drama that can occur on campus. These places are all located near the main street of Dade City.

The Coffee Mug

This small, quaint coffee shop located on Meridian Avenue was originally located across the street. The building it now occupies used to be a flower shop a long time ago. When one walks in the first thing they are struck by is just how diametrically opposite The Coffee Mug is to Starbucks. It is spacious, brighter, and there is no high counter separating you and your barista. The tables are arranged sparingly, allowing a wide open feeling, and the use of lighting makes the room look bigger than it is. The differences do not stop there. The owner, Leslie Monticco, and her friend, Donna Shoen, run the establishment themselves. Monticco and Shoen started The Coffee Mug after Monticoo lost her job because of education cuts. They are both very friendly individuals and love meeting new people and hearing their stories, which adds to the personal touch of this wonderful establishment.

But friendliness and atmosphere do not make a coffee shop alone - the coffee plays a major role. In this regard, The Coffee Mug exceeds all. The coffee they serve is Kana. This is a Cuban blend and has a full flavor with a large amount of caffeine. They have many different ways of serving this excellent brand of coffee, from just the straight cup of joe to lattes. As for the price, a regular cup cost about two dollars. Before you wonder what regular means in this instance, I'll tell you, it means more than most other coffee shops. If you want a nice light lunch or breakfast, they have a delicious selection of pastries. If you want something a bit more filling, try their bagel melt.

Should you find yourself in the Dade City area craving a good cup of coffee, The Coffee Mug is certainly the place for it. Its hours of operation are 7:30 a.m. to 4:00 p.m. every day. If there is a special event going on, The Coffee Mug stays open later than their normal hour. They are located at 37935 Meridian Avenue, Dade City, Florida, 33525.

Mallie Kyla's Café
Located in the middle

To keep reading, turn the page for "Downtown Dade City"

Campus News

Celebrating Black History Month

By Tarah Jeannis
Contributing Writer

Feb. 1 marks the beginning of Black History Month. During this time, many African American heroes are remembered for their achievements and legacies. The celebration began early when it dedicated a memorial to the first Black student that attended the University on Martin Luther King Day. Students and staff express their thoughts on the month.

"Black History Month is a time of reflection and celebration for all of us. It is a time to celebrate and embrace the full spectrum of diversity that is our University community, a chance to reflect on the levels of respect and racial tolerance that have changed in the course of our collective history, and a time to embrace and fight for the integrity and dignity of all peoples," said Justin Yates.

"As a child of mixed blood, I see things differently. I, myself, come from two parents of different race and culture. My father was Irish and my mother is Puerto Rican. As I grew, I had the advantage of seeing the world in a different way; others not as fortunate. With things like Black History Month, we as Americans are able to educate one another on cultural differences and learn or even go more in depth with the African American culture. It is a wonderful thing to have, and we all should hold it near and dear," said Freshman Lorraine (Lola) Manley

Even though the month is supposed to be a reminder to the nation of the racial injustices that occurred during times of segregation, some students feel differently.

"Actually, I'm not a big fan of Black History Month. We should celebrate the freedom of American Africans everyday through common courtesy and emanating love to everyone—of all races. And yet, every February, I look forward to hearing about the revolutionary activists who marched through the Civil Rights movement. Black History should be voluntary information acquired with passion and awe for the power of the people," said Junior Ali Lavalle

Meanwhile, other students would prefer collective events of community service.

"I believe we should have had a collection of awareness, where the campus acknowledges and doesn't just "blow off" another national holiday to shoehorn in more classes, and, to a larger effect, all business operations. If we could actually take the day to recognize not only MLK day, but also a national day of service, of bettering our community (one of our core values), we can actually embrace the true spirit of the day. Why not spend the day reflecting on how we are helping someone in need, instead of haphazardly throwing something together in between classes? Why not have a large student-oriented ceremony to glorify what proves to be a wonderful monument to diversity and pioneership, but was presented as a quick showcase for the board members and a few students not in class at 4 p.m. on a Monday. Honestly, we should all accept who we are and be comfortable enough to go about the day without thinking of outdated, preconceived notions of race, gender, or sexual preference. "

To celebrate the historic month, SLU will host many events to gather the student body in remembrance. There will be trivia events the whole month focusing on the accomplishments of significant African Americans. Participants will be entered in to win a kindle fire

Songs of the Civil Rights by Lea Morris on Feb. 4 is a musical event that will focus on songs and spirituals that were part of the Civil Rights Movement.

Songs of the People

By Annie Hays
Contributing Writer

On Monday, Feb. 4, Lea Morris took her audience from the island Jamaica to the Antebellum South to the Civil Rights Protests of the 1960s.

Morris' performance called Songs of the Civil Rights Movement mainly focused on the African- American movement of the 1960s with songs like "Blowing in the Wind" by Bob Dylan and "Long Time Comin" by Sam Cooke. However, Morris does not want people to only look at the African movement.

"Civil Rights is a human issue," said Morris. "It's not just for Africans, even though that's what most Americans think."

The first song "One Love" by Bob Marley drew the audience "to get together and feel alright." After that, Morris soulfully launched into the black spirituals she heard as a child in her southern Baptist church.

Each of these songs had a hidden meaning for the slaves who sang them in the fields. For example "Follow the Drinking Gourd" referred to following the Little Dipper to the North, and "Wading in the Water" referred to jumping in the river to escape the dogs chasing after the slaves as they ran North.

In the 1960s, these all became popular protest songs, but so were some contemporary folk songs including Bob Dylan's "Blowing in the Wind" and Aretha Franklin's "Think" which Morris belted out.

At the end of the show, Morris played an original song that she and a boy named Deshan had written together while she was helping Deshan at a program for troubled boys in D.C. "Mind that's Free" called on the audience to always remember that as long as someone has a mind that's free you can always get through it.

At the beginning of the show, Morris said, "A folk song is a song sung by the people."

That night her audience simply heard songs from people: people who lived through slavery, people who fought oppression, and people not unlike themselves.

"Downtown Dade City," continued

of a store called the American Eagle Antique Mall is a small restaurant. The name of this small restaurant is Mallie Kyla's Café. One could think that a small café inside of an antique store is just some small convenience with overpriced food. Well, if that is your thought, you would be one hundred percent wrong. This is the second Mallie Kyla's Café location with the first being located in Brooksville. And the price? The prices are very reasonable. You can get a full meal for fewer than $20. When one walks in, they see a hodgepodge of different tables and chairs with decorative table cloths. This adds to the homestyle atmosphere. The service is friendly.

Now thee measure of a restaurant is not just atmosphere and service that makes a good restaurant, but what makes or breaks them is the food. I can only speak as to what I had. I started off with ordering a cherry coke. I thought it would be the standard stuff you get from the can or the soda fountains. I, however, was presently surprised to find out that they add cherry syrup into their coke, resulting in a very flavorful cherry soda. For lunch, I ordered a tomato and florentine quiche, which came with a cup of fruit containing melon, grape, and cantaloupe. One would think the food at such a place would be mediocre, but then you would be wrong. The quiche was moist and masterfully made. The cheese and eggs blended together in a symphony of taste atop a light and flaky crust. The slice of quiche was a very generous proportion too. The fruit was fresh and sweet, and they fill the cup to the brim.

They also have a famous Humming Bird Cake, as well as a variety of different pies and cakes on sale for around $20.

American Eagle Antique Mall

By Jessica Miller

Historical antiques, fine furnishings, books, music, games, movies, clothes and more. American Eagle Antique Mall is a great shop to visit because one never knows what they might find.

Mallie Kyla's Café is located within another store. This is now unheard of unless it is a mall or a shopping center. Mallie Kyla's Café and American Eagle Antique Mall were able to combine and share the same space which promotes better sales. It is so easy to eat a meal, and glance around at the cut glass plates and kitchen ware, then look along the aisles of furniture with shelves that have little dolls, DVDs, and antique books. After a splendid meal, swing to the antique side of things and take a look at all of what the store has to offer.

The sales are also increased by the positive atmosphere that the café

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Sports

Sunshine State Conference Gets New Tradition

Matt Hewitt
Advertising Manager

This year the University will participate in another kind of March madness during the spring, as both the Lions men's and women's basketball teams will travel to the Silver Spurs Arena in Kissimmee, Fla, for the Sunshine State Conference Basketball Championships. The tournament will be hosted at a neutral site for the first time since 2001. The first games are scheduled to be played on Wednesday, March 6 and will commence with both the men's and women's championship games on March 10.

From 2001 up until last year, the tournament was hosted by a specific SSC school which was picked at random. This year, the men's team looks to redeem last year's loss in the championship game of the SSC tournament, when they fell to Florida Southern on the Mocs' home court in Lakeland, Fla. The women's team, which failed to make the tournament last year, hopes to establish their presence among this year's competition.

Both the men's and women's basketball teams from all nine institutions in the SSC will participate in the postseason tournament. These institutions include: Barry University, Nova Southeastern University, Eckerd College, Lynn University, Florida Institute of Technology, Rollins College, University of Tampa, Florida Southern College, and Saint Leo University.

The seeding of each team will be determined when conference play commences at the end of February. The Lions' final conference game is scheduled for Wednesday, Feb. 27, against the visiting Eckerd College Tritons. The women are set to play at 5:30 p.m., just after they celebrate the accomplishments of their seniors during senior day festivities. The men are schedule to follow, tipping off at 7:30 p.m.

According to the SSC website, the schedule for the tournament will be as follows:

"Opening Round - Wednesday, March 6
Game 1 - 5:30 pm - #9 Women v. #8 Women
Game 2 - 8:00 pm - #9 Men v. #8 Men

Women's Quarterfinals - Thursday, March 7
Game 3 - 12:00 pm - #5 Women v. #4 Women
Game 4 - 2:30 pm - Game 1 Winner v. #1 Women
Game 5 - 5:30 pm - #7 Women v. #2 Women
Game 6 - 8:00 pm - #6 Women v. #3 Women

Men's Quarterfinals - Friday, March 8
Game 7 - 12:00 pm - #5 Men v. #4 Men
Game 8 - 2:30 pm - Game 2 Winner v. #1 Men
Game 9 - 5:30 pm - #7 Men v. #2 Men
Game 10 - 8:00 pm - #6 Men v. #3 Men

Men's & Women's Semifinals - Saturday, March 9
Women's
Game 11 - 12:00 pm - Game 3 Winner v. Game 4 Winner
Game 12 - 2:30 pm - Game 5 Winner v. Game 6 Winner
Men's
Game 13 - 5:30 pm - Game 7 Winner v. Game 8 Winner
Game 14 - 8:00 pm - Game 9 Winner v. Game 10 Winner

Men's & Women's Final - Sunday, March 10
Women's Championship - 1:00 pm - Game 11 Winner v. Game 12 Winner
Men's Championship - 3:30 pm - Game 13 Winner v. Game 14 Winner"

Rackets at the ready: Lions Men's & Women's Tennis Update

Jocelyn Hilary
Contributing Writer

Tennis season is underway, and the Lions are looking better than ever. Having made the regional final last year, the coaching staff and the team are eager and ready to get on the courts and get those points.

So what can we expect this season? Having competed in the regional final last year, the team is looking at a more intense schedule this season. Coach James Bryce described the strength of their schedule as the "hardest schedule yet" as the team is expected to play against every team in the top 10.

With the addition of newcomers Bruno Sisti, Ismail Lemtouni, Corali Pesenti, and Pauline Heglesson, the team is looking more diverse and experienced than ever.

So with such cultural diversity on the team, what strengths can we expect the players to bring?

The boys' team consists of mostly upperclassmen, and Coach Bryce is eager to see them put their experience of playing tough games to use. He described the boys team as a "close knit team," and with this as a factor and two new additional players, we can expect their teamwork to help them prevail.

In regards to the girls' team, the Lions have a "talented squad" representing us. The team is "deeper and stronger than have been ever before" and they are hungry in attaining those winning points. They are a very "professional team" and the combination of all these assets is a strength when playing against these high ranked opponents. Unlike the boys' team, the girls are a balance of "youth, experience, and hunger" when their goals are set. It is not a question of whether or not its achievable, but the mindset that it is achievable.

Raw talent does not suffice in order to compete in tournaments of this standard, so the Lions have been preparing and training for this as best as they can. They have maintained the same schedule in order to maintain a set routine. With training Mondays through Fridays with a combination of sprints and conditioning, this team definitely demonstrates that hard work is key to success. The last tournament has definitely been the fundamental key for growth in this team. The previous experience and learning about the opposing teams' game play and strategies have helped the team prepare efficiently for what's coming up.

The team's hard work is paying off and everyone is excited to get this season going on a high.

Sophomore Maria Benkirane said, "I am looking forward to playing this season. as it is the best team we have had so far."

Senior Emily Singleton urged students to participate and support the Lions. "We need support from people. It keeps us motivated during these long matches."

The home openers took off with a great start. The Lions opened with a 9-0 victory on both days against St.Thomas and Southeastern.

Needless to say, Coach Bryce was "very happy" with his team's performance. He described their attitude and work ethic as "excellent" and hopes they can reach nationals. Their performance that weekend has definitely opened the door for what's to come next. The Lions are expected to play Georgia, Armstrong, and Lynn in the upcoming games.

The next home game will be against Lynn University on Feb. 17 at 11.00 a.m., so please go support your Lions.

Sports

Men's Golf Chips Away at 2013 Campaign

Corey Saccone
Staff Writer

Brothers and Grey look to lead the team with progression and consistency.

Led by senior captains Nick Brothers and Justin Foster, the golf team is well balanced. Three seniors look to higher their individual scores and graduate on a positive note: the two captains along with Rick Briggs.

"The weakest part of this team is understanding that they are responsible for their results. It is not bad breaks or conditions, but understanding where their game weaknesses lie and to work on those things to strengthen them. They all play the same course with the same conditions. In regards to the team's strength, most have a positive attitude that they can turn things around and head in a positive direction," said Coach Cisbani.

In order to challenge the players, the coach comes up with many different drills. Cisbani will put cones over the holes on the practice green at Lake Jovita, and the players have to chip to them and hit the cones. The goal is to hit 10 out of every 50 tries. Cisbani also creates a mini golf course on the practice green where the players have to finish the course without three-putting or they have to start over. One final thing Cisbani does to challenge the players is line them up on the driving range, and the players hit one at a time to a specific green. If they do not make it to that green, they have to do pushups.

Junior Austin Grey last year was a transfer from California where he only played one year of golf and did really well. He won the tournament at the Indian Bayou Classic in the 2011-2012 season. With a slightly better average than Brothers, next year he will fight for the captain spot on the team.

After college, golf offers a wide variety of mini tours and tournaments in order for graduates to try and become on the pro level status. Florida is a hot spot for recruits and a place where golf can be played year round. For the three seniors, the challenge is there.

"I believe I will be out there one day. I believe I'm good enough. I just don't know how I will get there and how long it will take," said Brothers.

Junior Chad Heinz on the roster averaged a score of 77 last year, adding in 40 birdies. Freshman Trevor Joseph will look to keep the depth and competitiveness on the team.

Come out and support the Lions right next door when they play their home matches at Lake Jovita. That is where the conference tournament will be held in April.

Saint Leo's Swim Teams are Icy H-O-T

Stephanie Holz
Contributing Writer

The Swim Team is Icy Hot!

Over the winter season, the swim team stayed active, running out before the peak of dawn to get started on their intense training. The team has been practicing over 20 hours per week, all while braving the chilly morning air and sometimes frigid pool to brace themselves for the upcoming end of season championship.

The pool at the University is usually heated, but sometimes the heaters break or are not turned on.

"When the heater is broken, you just have to ignore the cold," said Michael Barbee.

Drew Snead, another member of the swim team, said, "Getting in the pool is always the worst part of practice, especially on winter mornings."

Bella Bains agreed. "It can be hard to see in the morning between steam and how dark it is."

The swim team must often take water breaks to prevent dehydration because it can be challenging to realize they are sweating due to the cold. Keeping hydrated can give the body the fuel it needs to continue working with good endurance.

Contrary to the popular belief, chlorine does not actually turn hair green. However, it can cause hair to become brittle and frizzy. Many swimmers use swimming caps and glasses to help protect themselves from those issues.

Regardless, the team is ready to go for the gold in their upcoming conference with Florida Southern, Nova Southeastern, Florida Tech, Rollins, Lynn, Barry, and the University of Tampa.

"Once conference is over, we are only going to have eight hours of practice a week, so we're just gonna get fat," said Bella Bains.

Despite the difficult times during practice, the team manages to enjoy their time.

"I enjoy boy's only practices and girl's only practices," said Drew Snead.

The pool opens back up to the public after the conferences are over, a week after Valentine's Day.

For more information about the Saint Leo Swim Team and upcoming events please visit http://www.saintleolions.com/sports/mswim/index.

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